

Club Rules

- Please sign in with a member of staff,
- Please be respectful with language towards staff and other members of the club.
- Everybody **MUST** wear overshoes when walking on poolside, as well as to and from the gym.
- Please keep all your belongings in a locker until you are ready to get changed, don't reserve cubicles.
- Do not leave clothing or personal belongings on the benching, please use the lockers provided.
- Please shower before entering the pool and in between using the sauna and steamroom,
- Please allow yourself enough time to be out of the changing rooms by 9pm.
- No running/diving/bombing and jumping into the pool
- No balls/mermaid tails/inflatables or flippers.
- No food/glassware/alcohol.